

# 2006 DOE Health, Safety, Fitness, and Wellness Calendar of Events

Sponsored Jointly by the

Assistant Secretary for  
Environment, Safety and Health

and the

Director, Office of Human Capital Management



# January 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
DOE's Forrestal EAP Program sponsors a  
**Walking Club 12-12:30pm daily.**

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program  
through Forrestal and Germantown Health Units**

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**Healthy Weight Awareness Month**  
Call for details: 6-8402

### GOHO Sponsored

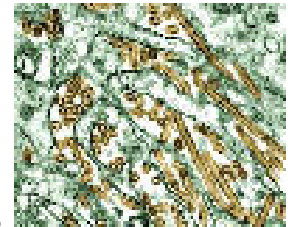
**Resting Metabolic Rate Screening 1/18-1/20, call for  
an appointment (fee)**

Contact: Melissa Sinko 3-1538, or  
[goho@hq.doe.gov](mailto:goho@hq.doe.gov)

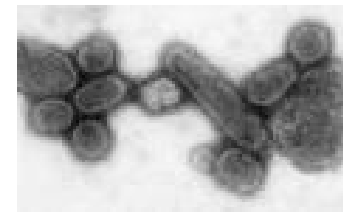
## Health and Safety Activity

### EH Sponsored Is it Flu or A Cold?

Poster exhibit explaining differences  
between influenza virus and rhinovirus  
and how each is treated



H5N1 virus in gold.  
Green cells are  
canine kidney  
cells in which the  
H5N1 was grown



1918 influenza  
virus



# February 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

#### Forrestal and Germantown EAP Program

DOE's Forrestal EAP Program sponsors a Walking Club 12-12:30pm daily.

**Make an appointment for stress-management counseling at FORS or GTN**

Contact: Evelyn Joy 6-8420

#### Ongoing Blood Pressure Screening Program through Forrestal and Germantown Health Units

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

#### Heart Health Awareness Month

**Free BP Screening at FOHO and Main Café-2/8-14**

**"Join Now, Pay Later" Membership Drive-First month @FOHO is Free!**

**Call for details: 6-8402**

### GOHO Sponsored

#### American Heart Month

**Free BP Screenings, just stop in!**

Contact: Melissa Sinko 3-1538, or [goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

### HR Sponsored

#### HQ Health Units and EAP Program

#### **Nutrition**

Elizabeth Bloomberg from Shady Grove Hospital  
Presentation on balanced nutrition



### HR Sponsored

#### HQ Health Units

#### **Blood Drive**

February 7

FORS BE-069

GTN Auditorium



### EH Sponsored

#### **Poster Exhibit on Women and Heart Disease**



# March 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
DOE's Forrestal EAP Program sponsors a  
**Walking Club**

**12-12:30pm daily.**

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program  
through Forrestal and Germantown Health Units**

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**National Nutrition Month**

**"Bring a Friend to FOHO for Free"-March Only-**  
**Call for details: 6-8402**

### GOHO Sponsored

**Try it out for one month for Free!**

**Cholesterol Screening, Call for an appointment  
(Fee)**

Contact: Melissa Sinko 3-1538, or  
[goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

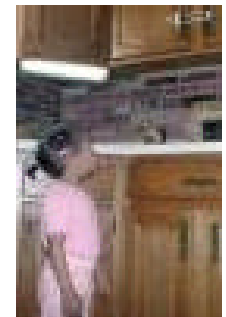
### EH Sponsored

**Poison Prevention Poster Exhibit**



### HR Sponsored

**Sleep Disorders**



# April 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
DOE's Forrestal EAP Program sponsors a  
Walking Club

12-12:30pm daily.

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program**  
through Forrestal and Germantown Health Units

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**Cancer Awareness Month**

**Smoking Cessation** Dates TBD

Call for details: 6-8402

### GOHO Sponsored

Contact: Melissa Sinko 3-1538, or  
[goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

### HR Sponsored

**Health Units and EAP Co-sponsored**

**Alcohol Prevention Program**

### HR Sponsored

**Health Units**

**Blood Drive**

April 18

FORS BE-069

GTN Auditorium

### EH Sponsored

**Poster Exhibit on Public Health Activities at DOE**



# May 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
DOE's Forrestal EAP Program sponsors a  
Walking Club

**12-12:30pm daily.**

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program  
through Forrestal and Germantown Health Units**

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**National Physical Fitness and Sports Month – Get  
Moving America!**

**DOE Fitness Challenge in conjunction with the  
Health Unit 5/1-31**

**Fitness Injury Prevention 5/24 3:00 pm**

**“FOHO for Free” 5/17-31- for non members**

**FOHO Wellness Fair- 5/17**

**Call for details: 6-8402**

### GOHO Sponsored

**National Employee Health & Fitness Day: May 17**  
**Bone Density Screening, call for an appointment  
(Fee)**

Contact: Melissa Sinko 3-1538, or [goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

### EH Sponsored

**Physical Fitness Poster Exhibit**



### HR Sponsored

**Health Units**

**Blood Pressure Screenings**

**Every Wednesday afternoon**

**FORS: Ground Floor Lobby**

**GTN: Cafeteria Lobby**

### HR Sponsored Presentation

**High Blood Pressure: Risks and Remedies**



# June 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
DOE's Forrestal EAP Program sponsors a  
Walking Club  
12-12:30pm daily.

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program  
through Forrestal and Germantown Health Units**

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**Men's Health Month**

**"Bring a Male Co-worker for Free"-6/1-6/30**

**Postural Assessments Date TBD**

**Call for details: 6-8402**

### GOHO Sponsored

**Cholesterol Screening, Call for an appointment,  
(Fee)**

Contact: Melissa Sinko 3-1538, or  
[goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

### HR Sponsored

**Health Units and EAP**

**Skin Cancer**

**Derma Scan Skin Analysis**



### EH Sponsored

**Men's Health Poster Exhibit**



# July 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
DOE's Forrestal EAP Program sponsors a  
Walking Club  
12-12:30pm daily.

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program  
through Forrestal and Germantown Health Units**

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**National Therapeutic Recreation Month**  
**Back Health Dates TBD**  
**FOHO Bike Ride Challenge-Sat. TBD**  
Call for details: 6-8402

### GOHO Sponsored

Try GOHO for one month for Free!  
Resting Metabolic Rate Screening, call for an  
appointment (fee)  
Contact: Melissa Sinko 3-1538, or  
[goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

### EH Sponsored

**Ultraviolet Safety Poster Exhibit**



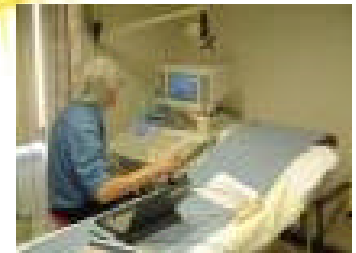
### HR Sponsored Health Units

**Blood Drive**

July 18

FORS BE-069

GTN Auditorium



# August 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
**DOE's Forrestal EAP Program sponsors a**  
**Walking Club**  
**12-12:30pm daily.**

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program**  
**through Forrestal and Germantown Health Units**

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**Women's Health Month**

**"Bring a Women Co-worker for Free"-8/1-8/31**

**The Benefits of Weight Bearing Exercise**  
**Seminar-8/2 @3pm-4pm**

**Call for details: 6-8402**

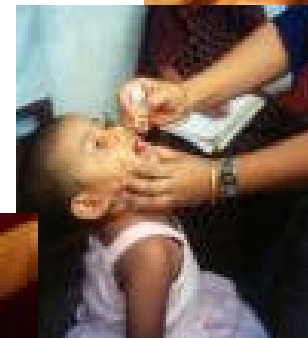
### GOHO Sponsored

Contact: Melissa Sinko 3-1538, or  
[goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

### EH Sponsored

**Immunization Awareness Poster Exhibit**



# September 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
DOE's Forrestal EAP Program sponsors a  
Walking Club  
12-12:30pm daily.

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program  
through Forrestal and Germantown Health Units**

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**National Cholesterol Education Month**  
Call for details: 6-8402

### GOHO Sponsored

**Cholesterol & PSA Screening, Call for an  
appointment, (Fee)**

Contact: Melissa Sinko 3-1538, or  
[goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

### HR Sponsored

#### Health Units

**Cancer: GYN and Prostrate screening**

**Possibly cholesterol screening**

**Presentation on Strategies to Prevent Cancer and Improve Your Health**

### EH Sponsored

**Cumulative Trauma Disorder Prevention and Ergonomics Poster Exhibit**



# October 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
DOE's Forrestal EAP Program sponsors a  
Walking Club  
12-12:30pm daily.

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program  
through Forrestal and Germantown Health Units**

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**National Breast Cancer Month**  
**DOE Contractor Flu Shot Screening-TBD**  
Call for details: 6-8402

### GOHO Sponsored

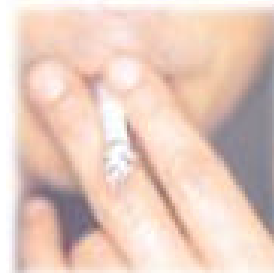
Try GOHO for one month for free!

Contact: Melissa Sinko 3-1538, or  
[goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

### EH Sponsored

### Lung Health Poster Exhibit



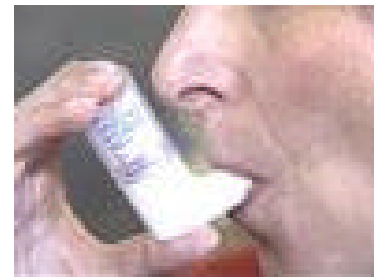
### HR Sponsored Health Units

### Blood Drive

October 17

FORS BE-069

GTN Auditorium



### HR Sponsored Health Units

### Influenza Immunization Program



# November 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
DOE's Forrestal EAP Program sponsors a  
Walking Club  
12-12:30pm daily.

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program  
through Forrestal and Germantown Health Units**

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**Diabetes Awareness Month**  
"FOHO for Free" 11/6-11/24- for non members  
Call for details: 6-8402

### GOHO Sponsored

**Bone Density Screening**, call for an appointment  
(fee)

Contact: Melissa Sinko 3-1538, or  
[goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

### HR Sponsored Health Units

**Influenza Immunization Program Continues**

### EH Sponsored

**Preparing for the Wrath of Winter Weather Poster Exhibit**



# December 2006

## HQ Health Units, Fitness Facilities, and Employee Assistance Program Sponsored Activities

### HR-30 sponsored

**Forrestal and Germantown EAP Program**  
DOE's Forrestal EAP Program sponsors a  
**Walking Club**

**12-12:30pm daily.**

Contact: Evelyn Joy 6-8420

**Ongoing Blood Pressure Screening Program**  
through Forrestal and Germantown Health Units

FOR: 6-9765 [healthunitfors@hq.doe.gov](mailto:healthunitfors@hq.doe.gov)

GTN: 3-4275 [healthunitgtn@hq.doe.gov](mailto:healthunitgtn@hq.doe.gov)

### FOHO Sponsored

**Holiday Weight Management Month**

**Healthy Holiday Eating Seminar** Date TBD

**"FOHO for Free" 12/1-15- for non members**

**Call for details: 6-8402**

### GOHO Sponsored

Contact: Melissa Sinko 3-1538, or

[goho@hq.doe.gov](mailto:goho@hq.doe.gov)

## Health and Safety Activity

### EH Sponsored

**Holiday Health and Safety Poster Exhibit**

### HR Sponsored Health Units

**Influenza Immunization Program Continues**

